

**2021**

**Ayurveda  
Week  
Oct 2021**

---

**SHRI BABA MASTNATH AYURVEDIC  
COLLEGE**

**Asthal Bohar, Rohtak**

**ESTABLISHED IN : 1958**

---

**[AYURVEDA WEEK]**

## SUMMARY FOR AYURVEDA WEEK 2021

OUR COLLEGE CELEBRATES 6<sup>TH</sup> NATIONAL AYURVEDA WEEK FROM 26<sup>TH</sup> OCT. TO 2<sup>ND</sup> NOV. WITH VARIOUS ACTIVITIES LIKE AS POSTER COMPETITION, QUIZ COMPETITION, ESSAY COMPETITION, FOOD COOKING COMPETITION, SEMINAR AWARENESS LECTURE & PLANTATION WITH THE INSPIRATION OF MAHANT BALAKNTH YOGI JI, CHANCELLOR OF BABA MASTNATH UNIVERSITY.

### THE DETAILS OF ACTIVITY ARE LISTED BELOW:-

- » POSTER COMPETITION 26TH OCT., 2021
  - » QUIZ COMPETITION - 27TH OCT., 2021
  - » FOOD COMPETITION - 29TH OCT., 2021
  - » ESSAY COMPETITION - 29TH OCT., 2021
  - » AWARENESS LECTURE 30TH OCT., 2021
  - » PLANTATION PROGRAMME 31ST OCT., 2021
  - » SEMINAR 1<sup>ST</sup> NOV., 2021
  - » AYURVEDA DAY CELEBRATION (DHANWANTRI POOJA) 2<sup>ND</sup> NOV., 2021
-



# Shri Baba Mastnath Ayurvedic College

(Recognised by Ministry of AYUSH, NCISM New Delhi)

Asthal Bohar, Rohtak, NH-10 NCR, Haryana



National Commission for  
Indian System of Medicine

# CELEBRATING AYURVEDA WEEK

Theme : Ayurveda For Poshan

from 26<sup>th</sup> Oct. - 02<sup>nd</sup> Nov., 2021



BMU is organizing various activities for whole week:

- » Poster Competition 26<sup>th</sup> Oct., 2021
- » Quiz Competition - 27<sup>th</sup> Oct., 2021
- » Food Competition - 28<sup>th</sup> Oct., 2021
- » Essay competition - 29<sup>th</sup> Oct., 2021
- » Awareness Lecture 30<sup>th</sup> Oct., 2021
- » Plantation programme 31<sup>st</sup> Oct., 2021
- » Seminar 1<sup>st</sup> Nov., 2021
- » Ayurveda Day Celebration (Dhanwantri Pooja) 2<sup>nd</sup> Nov., 2021





# Shri Baba Mastnath Ayurvedic College

(Recognised by Ministry of AYUSH, NCISM New Delhi)

Asthal Bohar, Rohtak, NH-10 NCR, Haryana



National Commission for  
Indian System of Medicine



Invites you all for



## POSTER COMPETITION

on the occasion of

# 6<sup>th</sup> National Ayurveda Day

Wednesday, 26<sup>th</sup> Oct. 2021 || 10:00 AM to 12:00 Noon

Venue : Mini Auditorium, BMU Campus

### Instructions for participants:

- » Theme of poster - Various Aspects of Nutrition
- » It is an on-the spot competition.
- » Category for participation: Hand-made.
- » Language for poster should be either Hindi, English or Sanskrit
- » Students should write their name & batch year below the posters.
- » All the participants must carry their own materials for the Competition, no item shall be provided by the College.
- » All participants are requested to carry their valid College ID cards



**Exciting Prizes Will Be Awarded**

Co-ordinator  
**Dr. Nisha Jaglan**  
8529606000

Co-ordinator  
**Dr. Deepti**  
7357600134

**Dr Neeraj Kumar Khare** (Convener)  
Organizing Committee



# Shri Baba Mastnath Ayurvedic College

(Recognised by Ministry of AYUSH, NCISM New Delhi)

Asthal Bohar, Rohtak, NH-10 NCR, Haryana



National Commission for Indian System of Medicine



**BMU presents a**  
**Quiz Competition**  
on the topic



# "Food & Nutrition"

**Win Attractive Prizes**

Thursday, 27<sup>th</sup> Oct. 2021 || 10:00 AM to 12:00 Noon  
Venue : Mini Auditorium, BMU Campus

# QUIZ!

Co-ordinator  
Dr. Rinku  
9599378983

Co-ordinator  
Dr. Sakshi  
8750246323

**Dr Neeraj Kumar Khare** (Convener)  
Organizing Committee



# Shri Baba Mastnath Ayurvedic College

(Recognised by Ministry of AYUSH, NCISM New Delhi)

Asthal Bohar, Rohtak, NH-10 NCR, Haryana



National Commission for Indian System of Medicine



# Organizing

# Food Competition



Theme:-

## Flameless Cooking



Friday, 29<sup>th</sup> Oct. 2021 || 10:00 AM to 12:00 Noon  
Venue : Mini Auditorium, BMU Campus

**Exciting Prizes & Certificate**  
**Will Be Awarded**

Co-ordinator  
Dr. Rakesh Mohan

Co-ordinator  
Dr. Sadanand Gupta

**Dr Neeraj Kumar Khare** (Convener)  
Organizing Committee



**Shri Baba Mastnath Ayurvedic College**

(Recognised by Ministry of AYUSH, NCISM New Delhi)

Asthal Bohar, Rohtak, NH-10 NCR, Haryana



**Organizing**



# Essay Competition

**Topic**

**"Importance of Diet in  
General Health "**



Friday, 29<sup>th</sup> Oct. 2021 || 10:00 AM to 12:00 Noon

Venue : Mini Auditorium, BMU Campus

**Exciting Prizes & Certificate  
Will Be Awarded**

Co-ordinator

**Dr. Pankaj**

Co-ordinator

**Dr. Shivangi**

**Dr Neeraj Kumar Khare (Convener)**  
Organizing Committee

## COMPETITION RULES:

- » TOPIC- Importance of Diet in General Health
- » The essay must have an introduction, body and conclusion
- » Name of the participant, batch year should be written at the end of the essay.
- » Length of the essay should not exceed 500 words.
- » The essay must be written either in English or Hindi language.
- » The essay can be handwritten or typed.
- » The essay should be submitted in PDF format only.



**Exciting Prizes & Certificate  
Will Be Awarded**

Co-ordinator

**Dr. Pankaj**

Co-ordinator

**Dr. Shivangi**

**Dr Neeraj Kumar Khare (Convener)**  
Organizing Committee



# Shri Baba Mastnath Ayurvedic College

(Recognised by Ministry of AYUSH, NCISM New Delhi)

Asthal Bohar, Rohtak, NH-10 NCR, Haryana



National Commission for  
Indian System of Medicine



## Awareness Lecture

On



# “Hygiene & Personal Care”



## Speakers

Dr. Sandeep

Dr. Poonam Yadav

Date: 30<sup>th</sup> OCT., 2020



## Shri Baba Mastnath Ayurvedic College

(Recognised by Ministry of AYUSH, NCISM New Delhi)

Asthal Bohar, Rohtak, NH-10 NCR, Haryana



GROW OUR FUTURE  
**PLANT A TREE**

Join us for Tree  
Planting Activity

at **BMU Campus**

as we are  
Celebrating National  
**Ayurveda Week-2021**



75  
Azadi Ka  
Amrit Mahotsav

Venue- BMU Campus, Asthal Bohar, Rohtak  
Date : 31<sup>st</sup> Oct., 2021

Co-ordinator  
**Dr. Arun**

Co-ordinator  
**Dr. Chhavi**

**Dr Neeraj Kumar Khare**  
(Convener)  
Organizing Committee



## Shri Baba Mastnath Ayurvedic College

(Recognised by Ministry of AYUSH, NCISM New Delhi)

Asthal Bohar, Rohtak, NH-10 NCR, Haryana



75  
Azadi Ka  
Amrit Mahotsav

Invites you all for

75  
Azadi Ka  
Amrit Mahotsav

# SEMINAR

on the occasion of  
**6<sup>th</sup> National  
Ayurveda Day**

Date : Monday, 1<sup>st</sup> Nov. 2021

Time : 10:00 AM to 12:00 Noon

Venue : Mini Auditorium, BMU Campus

### Speakers

Topic :-  
Nutrition In Pregnancy  
**Dr. Chhavi**

Topic :-  
Nutrition In Geriatrics  
**Dr. Megha**

Topic :-  
Nutritional Disorders  
**Dr. Poonam Yadav**

**Dr Neeraj Kumar Khare** (Convener)  
Organizing Committee



# Ayurveda Week 2021

Shri Baba Mastnath Ayurvedic College  
Asthal Bohar, Rohtak